

What Difference Can One Soda Make?

FACT

A soda pop contains 200 calories per 16 oz. bottle and can add up to 20 pounds of weight gain in just one year if you drink one every day.



“Rather than reaching for a soda, I choose water and add flavor with a squeeze of lime.”

Take a Step in the Right Direction!

Discover how small steps can lead to big improvements in your well-being.

Norfolk Consortium Wellness Program
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